



# Shirley COA CENTER

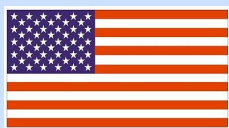
Volume: 14

NEWSLETTER  
JANUARY 2022

Issue: 1

Address • 9 Parker Road • Shirley, MA 01464

Phone: 978-425-1390 • Fax: 978-425-1392 • Email: [mlargey@shirley-ma.gov](mailto:mlargey@shirley-ma.gov)



**Free  
Breakfast for  
Veterans**  
Monday, January 3rd  
8:30-9:30 am

Eggs, sausage, French  
toast and more  
Cooked and served by the  
Shirley Police Dept.

*Sponsored by Shirley  
Charitable Foundation*



We hope you have a wonderful year!  
As we move into another year I always consider  
what went well, what didn't, and what should I do different.

I am so grateful to have the Center open and seeing all your happy faces.  
I am especially grateful to all the volunteers that make this a fun place to be.

In 2022 I will try again to improve our transportation program and to bring  
some new programming and guest speakers.  
Please let me know what you would like to have here and how we can do  
better in 2022.

*See you soon, Marilyn Largey, COA Director*

## JANUARY HUNTING

*Luminous wolf moon  
glitters off ice-crusted trees.  
owl glides through shadows.*

By Cyndi Furman 2021 ©

## Stitch & CHAT GROUP

Wednesday January 5th, 10 am.

Do you like to knit, Crotchet, Plarning?

We welcome all types of stitchers.

Join us for friendly chatter and some knitting.

To participate RSVP by calling or emailing

[edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov) 978-425-1390

We may be able to help if you need supplies.



**December 2021**

## **Outreach at the Shirley Senior Center**

**Elisabeth Dinning—Outreach Assistant**

Telephone: (978) 425-1390

Email: [edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov)



**The Shirley Senior Center addresses the following Outreach topics and Social Services:**  
**Health Insurance, Caregiver Support, Home Health Services, Financial Assistance, Housing Alternatives, Meals on Wheels, Legal Aid, Fuel Assistance, SNAP (Food Stamps), and Transportation.**  
**If your needs and interest are not listed, please let us know so we can take them into consideration.**

**Please call Outreach at the Council on Aging office: 978-425-1390**



### **Winter safety tips:**

Have emergency procedures in place.  
Have your winter footgear at a ready.  
Have a snow shovel within easy reach.

Call the Senior Center at (978) 425-1390  
if you need a bucket of sand

### **Indoor activities due to weather or COVID**

- Stay connected writing cards/letters or using social media
- Exercise, drink fluids and eat regularly to stay healthy
- Consider cross word puzzles or similar activities to keep your brain engaged
- Check out online classes that interest you
- Find a hobby if you haven't already one: knitting, crocheting, reading, listening to music
- Make your own bird food or birdfeeder to enjoy nature in your backyard



**Here are a few suggestions to stretch your \$ when it comes to food!**

Consider applying for **SNAP benefits**.  
Contact the Shirley Senior Center for more information at (978) 425-1390

Check out **Loaves & Fishes**  
located at 234 Barnum Road in **Devens, MA**  
Phone number (978) 772-4627



### ***LIHEAP Fuel Assistance Program***

Applications are being accepted from **Nov 1st until Apr. 30th**  
**2022 Income requirements:**

Household Size of 1 Income Limit \$ 40,951

Household Size of 2 Income Limit \$ 53,551

**New England Farm Workers' Council**  
473 Main Street, 3rd Floor in Fitchburg, MA 01420  
**Phone: (978) 342-4520**



**Wii Bowling**  
 Pre-Registration required.  
**Every Monday**  
**12:30 - 3 pm**  
 Call 978-425-1390  
 to reserve your lane.



**Every Wednesday at 1 pm.**

No registration required.  
 No maximum seating.

*Just come to have some fun.*

**Strength, Flexibility, and Balance:**

**Every Thursday at 1 pm.**

Chairs are used for all levels of ability.  
 Instructed by Jeff Cote, the Occidental Taoist

**QiGong:**

**Returns Wed January 19<sup>th</sup> 10 am**

**Drop in Game Time**

*A Variety of board and card games available.*

**Bring your friends for a morning of fun**  
**Every Tuesday at 9:00 am.**

**Bridge, Scrabble, Dominoes and more.**



**SOUPER BOWL**  
**\$5**

**Wed January 19th**  
**11:30 - 12:30**

**Joins us for a variety of**  
**hot homemade soups**  
**Includes beverage and dessert.**

**Breakfast with Chip!**

**\$5**

**Monday, January 24th**  
**8:30—9:30 am**

**Choice of Scrambled Eggs, Westerns,**  
**or French toast.**

**Includes Ham, Home fries,**  
**Fresh fruit, and beverage.**

**PIZZA & MOVIE**

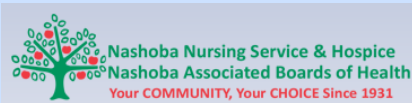
**\$5**

***The Station Agent***  
**Wednesday, January 5th**

**Movie starts at 11 am.**  
**Pizza served at 11:30 am**







**Monthly  
Wellness Check  
January 13th**

***FLU SHOTS are available at this clinic***

Second Thursday of the month 9:30 to 10:30 am.

These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. *All ages are welcome to attend.*

**FOOT CARE Clinic**

By Appointment Only—978-425-1390  
**January 31st at the Center**  
\$40 Resident / \$60 non Resident



**Water Color Painting with Mike Devlin**  
**Tuesdays at 1:00 pm**

Anyone wishing to attend must have their own paints and brushes. We will try to help with supplies for beginners and those in need..

# Conversations About Death and Grief.



**January 12th  
Every 2nd Wednesday  
of the month at 11 am**

## ***“Handling Grief through the Holidays”***

It may be totally overwhelming to find yourself *grieving during the holiday* season.

For many people, this is the hardest part of *grieving*, when we miss our loved ones even more ... The need for support may be the greatest *during the holidays*.

*Holiday cheer* is in much of the air those days, but it's not a happy time .. So, when it comes to *coping* with *grief during the holidays*, join us to learn:

~ Tips for managing *grief during the holidays*  
~ steps to helping *coping* with *grief* or  
overwhelming feelings of loss ~

***“Handling Grief through the Holidays”*** is a  
gathering to offer help and support for  
managing Grief and Holidays.

Walk- ins welcome.

For questions about this program please  
contact Lucia Camara, Bereavement and  
Spiritual Care Provider with Nashoba Nursing  
Services and Hospice. @508 -951 -3850.

# JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Jan 3	4	5	6
8:30am Veteran's Breakfast	9:00am Bridge	10:00am Stich & Chat	1:00pm Bal, Strength, & Flex
12:30pm Wii Bowling	9:00am Dominos	11:00am Pizza & Movie ( )	
	9:00am Scrabble	1:00pm Bingo	
	1:00pm Watercolor Painting		
10	11	12	13
12:30pm Wii Bowling	9:00am Bridge	11:00am Death & Grief	9:30am Wellness Clinic
	9:00am Dominos	1:00pm Bingo	1:00pm Bal, Strength, & Flex
	9:00am Scrabble		
	1:00pm Watercolor Painting		
17	18	19	20
CLOSED	9:00am Bridge	10:00am QiQong	1:00pm Bal, Strength, & Flex
	9:00am Dominos	11:30am SOUPER BOWL	
	9:00am Scrabble	1:00pm Bingo	
	1:00pm Watercolor Painting		
24	25	26	27
8:30am Senior Breakfast	9:00am Bridge	10:00am QiQong	1:00pm Bal, Strength, & Flex
12:30pm Wii Bowling	9:00am Dominos	1:00pm Bingo	
	9:00am Scrabble		
	1:00pm Watercolor Painting		
31	Feb 1	2	3
9:00am Footcare Clinic RSVP	9:00am Bridge	10:00am QiQong	1:00pm Bal, Strength, & Flex
12:30pm Wii Bowling	9:00am Dominos	11:00am Pizza & Movie ( )	
	9:00am Scrabble	1:00pm Bingo	
	1:00pm Watercolor Painting		

## Mission Statement of the Shirley Senior Center:

*“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”*

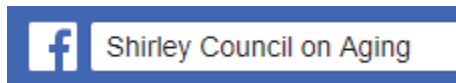
### Senior Center Staff

COA Director: Marilyn Largey  
Outreach Coordinator: Elisabeth Dinning  
Dispatch and Admin Asst.: Michelle Oelfke  
Van Drivers: Doug Perry, Priscilla Tarbell & Bob Lindgren

### Council On Aging Board

Chair: Marie Elwyn  
Vice Chair: Susan Hartman  
Secretary: Christine Andersen  
Members: Janice Snow, Mary Wade, Helen Kramer, Dave Stoppelman

**Board Meetings are the 2<sup>nd</sup> Thursday of the Month at 11 am**



## Transportation

**MART Van** is a wheel chair-accessible van for residents age 60 plus or disabled. All rides are \$1 each way.

**Medical Rides are prioritized**

**Van Hours: Mon - Thurs 8:15 am - 4 pm  
Fri 8:15 am - 11:30am**

To schedule your ride call Michelle Monday -Thursday from 8:30 am - 1:30 pm.

Or leave a message and she will confirm your ride.

***24 –48 hour notice required for all rides.***

**978-425-1390**

## Volunteer Opportunities

*Volunteering your time and expertise is rewarding.* If you are searching for a volunteer opportunity please consider the Shirley Senior Center.

We welcome small groups for projects at the Center and in the Community.

Senior Tax Work Off Program— Residents on this program can credit hours working at the Center towards their RE taxes.

Our current list of needs

## Program coordinators

**Meals on Wheels drivers—Food Service Staff**

Office and phone support—Kitchen support

Newsletter Production— Social Media Marketing

Call us if you would like to volunteer. 978-425-1390.

Click below to access our volunteer application.

</council-aging/files/volunteer-application>

**Follow what's happening at the Shirley Center for Active Living.**

<https://www.shirley-ma.gov/council-aging>

**Receive this Newsletter and important announcements from Town Government via email. Follow the link below to subscribe.**

<https://www.shirley-ma.gov/subscribe>



## VETERANS' ASSISTANCE

**Mike Detillion, Shirley Veterans' Officer  
Call 978-425-2600 x280**

Mike is available to aid your efforts to enter into the VA Health Care or Pension System.

**Benefits:** All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter and burial assistance.



## SOME WAYS TO GIVE TO OUR COMMUNITY

As we move into the 2022 year consider how you want to make an impact.

The organizations below could use your financial support.

They also welcome volunteers and leaders for boards and committees.



During 2021 the Shirley Senior Center was supported by the SCF with funds and material donations to support are Annual Gift Bag Program, SNAP Grab N GO, our monthly Veterans Breakfast, and with emergency financial aid to residents in

The Mission of the Shirley Charitable Foundation is to be a stable, ongoing resource that makes a difference in the Shirley Community. The Foundation provides support to groups, organizations and activities in order to foster community spirit and improve the quality of life for all.

Gifts and Donations both large and small will help continue the philanthropic work of the Foundation directly benefitting the quality of life in the Town of Shirley.

To donate by mail: Shirley Charitable Foundation P.O. Box 1277  
Shirley, MA 01464

To donate online <http://shirleycharitablefoundation.org/donor.html>

**Aging Services of North Central Massachusetts** (formerly known as *Montachusett Home Care*) provides comprehensive information and quality services so that older people, individuals with disabilities, and their families are empowered to make personalized choices to ensure a life of dignity, safety, and respect. Services include: Information & Referrals, Home Care Services, Senior Care Options, Adult Family Daycare, Protective Services, and Care Giver Support.



To donate by mail: **Aging Services of North Central Massachusetts**, 680 Mechanic Street Leominster, MA 01453

To donate online: <https://www.aging-services-ma.org/donate/>



During 2021 the Shirley Senior Center Van made 30 trips to Loaves & Fishes to pick up and deliver food to over 100 residents that are homebound.

Loaves & Fishes' mission is to provide nutritious food, in an atmosphere of kindness and respect, to individuals in need who reside in Ayer, Devens, Dunstable, Groton, Harvard, Littleton and Shirley.

To donate by mail: **Loaves & Fishes Food Pantry**, P.O. Box 1, Ayer, MA 01432

To donate online: <https://loavesfishespantry.org/donate/>

During 2021 the Shirley COA delivered over 2500 meals to homebound residents through Making Opportunity Counts - Meals on Wheels

MOC also provides services to help support Families and Youth, Emergency Housing, Mental Health Counseling, Elder Welfare, Economic Stability, Home Weatherization and Heating System Support.



To Donate by Mail: Send check made payable to MOC to 601 River Street Fitchburg, MA 01420

To Donate Online: <https://www.mocinc.org/donate>